

PL VLB & B 26: Session: 1: COACH Evaluation sheet for TEAM: ALZV

Coachinfo: Warming up from: 08:20 untill 09:25. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Pinte Kevin HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 100M FREESTYLE MEN 11+					Heat:4, starttime: 09:42
Heat: 4/12 Lane : 2 Athlete: WAGEMANS DAAN					Q-time: 01:05:28
PB (25m pool): 01:05.28 Zwembad De Motte 14/07/2026					PB (50m pool): 01:06.53 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:31.49		01:05.28	
	00:31.49		00:33.79		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:8, starttime: 09:49
Heat: 8/12 Lane : 4 Athlete: PEERSMAN NIEL					Q-time: 00:57:33
PB (25m pool): 00:57.33 LEUVEN 21/12/2025					PB (50m pool): 00:59.46 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:27.61		00:57.33	
	00:27.61		00:29.72		
					

Coach feedback:

Event number: 2: 100M FREESTYLE MEN 11+					Heat:11, starttime: 09:54
Heat: 11/12 Lane : 1 Athlete: DE MAESSCHALCK YARNE					Q-time: 00:55:12
PB (25m pool): 00:55.12 LEUVEN 22/02/2026					PB (50m pool): 00:57.00 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:26.06		00:55.12	
	00:26.06		00:29.06		
					

Coach feedback:

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Event number: 3: 200M MEDLEY WOMEN 11+							Heat:2, starttime: 10:01	
Heat: 2/10 Lane : 6 Athlete: PINTE ELLA							Q-time: 03:03:98	
PB (25m pool): 03:03.98 Zwembad De Motte 14/07/2026				PB (50m pool): 03:39.24 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.31		no time		no time		03:03.98
	00:40.31							
								

Coach feedback:

Event number: 3: 200M MEDLEY WOMEN 11+							Heat:4, starttime: 10:08	
Heat: 4/10 Lane : 6 Athlete: NECULAE MARIA IULIA							Q-time: 02:55:63	
PB (25m pool): 02:55.63 Zaventem 08/02/2026				PB (50m pool): 03:05.31 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.47		no time		no time		02:55.63
	00:35.47							
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+							Heat:1, starttime: 10:31	
Heat: 1/5 Lane : 6 Athlete: HERMAN WOUT						Q-time: 01:25:96		
PB (25m pool): 01:25.96 Zwembad De Motte 14/07/2026				PB (50m pool): 01:28.93 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M				
PB		00:39.78		01:25.96				
	00:39.78		00:46.18					
								

Coach feedback:

Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 4 Athlete: CORNELISSEN LARS				Q-time: 01:08:54	
PB (25m pool): 01:08.54 Gent 09/11/2025			PB (50m pool): 01:11.75 SB: no time		
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.12		01:08.54	
	00:32.12		00:36.42		
					

Coach feedback:

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Event number: 4: 100M BREASTSTROKE MEN 13+					Heat:4, starttime: 10:37
Heat: 4/5 Lane : 5 Athlete: ROBBERECHTS ROBBE					Q-time: 01:08:97
PB (25m pool): 01:08.97 LEUVEN 22/02/2026					PB (50m pool): 01:11.50 SB: no time
	2 5 M	5 0 M	7 5 M	1 0 0 M	
PB		00:32.06		01:08.97	
	00:32.06		00:36.91		
					

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+					Heat:2, starttime: 12:05
Heat: 2/11 Lane : 4 Athlete: PINTE ELLA					Q-time: 00:39:07
PB (25m pool): 00:39.07 Sportoase De Watermolen 21/07/2026					PB (50m pool): 00:40.26 SB: 00:40.10 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M			
PB		00:39.07			
	00:39.07				
					

Coach feedback:

Event number: 7: 50M BUTTERFLY WOMEN 11+					Heat:6, starttime: 12:09
Heat: 6/11 Lane : 8 Athlete: NECULAE MARIA IULIA					Q-time: 00:33:47
PB (25m pool): 00:33.47 Zwembad De Wauwer 13/09/2026					PB (50m pool): 00:35.11 SB: 00:33.47 Zwembad De Wauwer 13/09/2026
	2 5 M	5 0 M			
PB		00:33.47			
	00:33.47				
					

Coach feedback:

Event number: 8: 50M BACKSTROKE MEN 13+					Heat:3, starttime: 12:18
Heat: 3/4 Lane : 3 Athlete: ROBBERECHTS ROBBE					Q-time: 00:29:86
PB (25m pool): 00:29.86 LEUVEN 23/11/2025					PB (50m pool): 00:29.87 SB: no time
	2 5 M	5 0 M			
PB		00:29.86			
	00:29.86				
					

Coach feedback: